



# SupportLinc Toolkits



## Mental Health Toolkit

Develop skills to identify, understand and respond to signs of mental illness. <https://mentalhealthtoolkit.tools>



## Mindfulness Toolkit

Discover the benefits of mindfulness, navigate distractions and live fully in the present. <http://mindfulness.tools/>



## Resiliency Toolkit

Overcome various challenges with resources to apply energy and passion into taking care of yourself. <http://resiliency.tools/>



## Meditation Toolkit

Boost self-confidence, empathy, compassion and patience to find peace and clarity. <http://meditate.tools/>



## Sleep Fitness Toolkit

Learn habits to get a good night's sleep instead of tossing and turning. <http://sleepfitness.tools/>



## Addiction Toolkit

Understand the types of addiction and get the support you need. <http://addictiontoolkit.tools/>



## Additional Resources

Tap into an extensive library of fresh content to help improve and support your emotional, physical and overall wellbeing. <http://wellbeing.place/>



## Grief and Loss Toolkit

Equip yourself with knowledge, support, and the right tools to discover a way to live with your grief and move forward. <http://griefandloss.tools/>

- ✓ No log in needed!
- ✓ Utilize yourselves
- ✓ Share with others

